



# Spicy Salmon with Corn Relish

SERVING: 1 FILET + 3/4 CUP RELISH    PREP TIME: 10 MIN  
YIELD: 4    TOTAL TIME: 30 MIN

## Ingredients

- Cooking Oil Spray
- 4 Salmon Filets 4 oz, boneless and skinless, thawed
- 4 tbsp Homemade Spice Mix, pre-made

### Corn Relish:

- 1 Red Onion, chopped
- 1/2 tbsp Mince Garlic
- 1 large Green Bell Pepper, large, chopped
- 1 can Corn, no salt added, drained
- 1 can Petite Tomatoes, drained and rinsed
- 1/4 cup Fresh Parsley, chopped
- 2 tbsp Lemon Juice
- 1/2 tbsp Honey
- 1/4 tsp Black Pepper
- 1/4 tsp Red Pepper Flakes
- 1/4 tsp salt

### HOMEMADE SPICE MIX

- 1 1/2 tsp Celery Seed
- 1 tsp Dill Weed
- 1 tsp Ground Oregano
- 1 tsp Ground Mustard
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Basil Leaves
- 1 tsp Smoked Paprika
- 1 tsp Thyme Leaves
- 1 tsp Ground Coriander
- 1 tsp Rosemary Leaves
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Ground Ginger
- 1/2 tsp Cumin

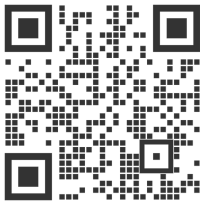
Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 Filet (0.0g)</b>
Amount Per Serving	
Calories	300
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 21g	
Vitamin D 9.4mcg	45%
Calcium 30mg	2%
Iron 1.1mg	6%
Potassium 660mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Directions

1. PREHEAT oven to 400°F. Use cooking oil spray on foil lined baking sheet.
2. COAT salmon filets with spice mix.
3. PLACE filets on baking sheet and BAKE on high in oven for 15-20 minutes, flipping halfway through. \*Ensure internal temperature is at least 145 degrees F.
4. While salmon is cooking, Use cooking oil spray on a medium pan and SAUTÉ onions over medium-high heat. ADD bell pepper and COOK 4 minutes.
5. ADD corn and tomatoes. COOK 4 minutes.
6. REMOVE from heat, ADD parsley, lemon juice, honey, black pepper, red pepper and salt, MIX well.
7. SERVE 3/4 cup with each salmon filet.

\*Recipe adapted from  
getfreshcooking.com

\*Cost information includes  
lower cost ingredients found at  
local grocery store 11/18/22.



Cost Per Recipe	Cost Per Serving
\$13.98	\$3.50

## The following is a list of commonly used herbs.

**Basil:** Sweet, warm, and aromatic. Although sweet basil (or Italian basil) is more common, Thai basil also has a distinct flavor. Thai basil has a purple stem, instead of green like sweet or Italian basil, and is closer to the flavor and aroma of mint than other basil. Use with meats, seafood, and vegetables. Sweet basil complements the flavor of tomatoes very well. Basil has a strong and delicious flavor, especially in sauces like pesto. This is one of the easiest herbs to grow in a home garden.<sup>9</sup>

**Cilantro:** Fresh and earthy. Cilantro refers to the leaves of the coriander plant. Use with traditional Mexican-style dishes, meats, salads, and sauces. Cilantro adds a great brightness of fresh flavor to foods.

**Chives:** Delicate onion flavor (not as potent as yellow or red onion). Use chives fresh to maintain color and flavor. Chives are commonly added to baked potatoes, soups, and egg dishes.

**Dill:** Sweet and aromatic. Use with seafood, egg dishes, soups, potato salad, or vegetables. Add to vinegar and oil to make an herb salad dressing.

**Mint:** Sweet and aromatic. Use with salads, sauces, and stir-fry dishes. Mint is also commonly used in baking. Adding a few mint leaves and fruits like lemon, pineapple, orange or berries to water (also called infusing flavors) is a fun way to create a healthy, refreshing drink.

**Oregano:** Savory and earthy. Use with meats and vegetables. Oregano is a basic ingredient in Italian and Mexican cooking. It complements the flavor of tomatoes in pizza and soups.

**Parsley:** Savory, aromatic, and subtle. High in vitamin K. Not only is parsley a garnish for any dish, it goes wonderfully with grilled meats and vegetables, and in salads.

**Rosemary:** Strong and fragrant. Use with meats and hearty vegetables. Place a few leaves on top of roasts or baked chicken and potatoes.

**Sage:** Strong and aromatic, tastes best cooked. Sage pairs well with roasted poultry, stews, and casseroles. As a possible health benefit, sage may improve mood and cognitive functions.<sup>10</sup>

**Thyme:** Fragrant and fresh tasting. Thyme complements other herbs, such as rosemary and oregano. Use with chicken, meat, seafood and hearty vegetable stews/soups. It is a key herb used to make Cajun gumbo.

Prices of herbs from various stores range from less than \$1.00 to upwards of \$3.00 per bundle, and can usually be used for 2-3 servings of recipes. The average price for fresh

herbs is \$1.50 (about \$0.75-\$0.50 per recipe). This makes them an affordable part of any recipe. The prices of all herbs listed here were collected at local grocery stores (high-end stores, megastores, and supermarkets) twice during spring/summer and fall/winter near the University campus area. All price data was compiled and averaged.

## Spices:

Spices come in incredibly diverse varieties, flavors, and colors—almost as distinct as the array of tasteful dishes they can be used to flavor. Not only do these powerful spices pack a punch on the taste buds, but also possibly for your health and wellness. Just like herbs, many spices contain antioxidants.<sup>1,2</sup> <sup>8</sup> Additionally, the American Institute for Cancer Research referenced turmeric, black pepper, and garlic for their possible cancer-fighting benefits.<sup>7</sup>

## The following is a list of commonly used spices.

**Black pepper:** Pungent, strong and aromatic. Black pepper, or peppercorn, is the dried berry of the *Piper nigrum* vine.<sup>5</sup> Use with any dish as a flavoring agent.

**Bay leaves (dried):** Savory and earthy. Use with meats, vegetables, soups, and stews.

**Cayenne pepper:** Spicy, aromatic, and colorful. Adds spicy, hot taste and bright red color. Try blending cayenne pepper and paprika to make a milder taste.

**Chili powder/Chili peppers:** Savory, strong, and pungent. A common ingredient in chili and in Mexican cuisines. Use with chicken and meats.

**Cinnamon:** Sweet and aromatic. Cinnamon comes from the bark of the *Cinnamomum* spp. plant and cinnamon is available as dried tubular sticks or ground powder.<sup>5</sup> Use with baked goods and fruits. Cinnamon complements the flavor of apple in apple pie. A stick of cinnamon can be placed in coffee, tea, or warm apple cider.

**Cumin:** Strong and aromatic. Ground cumin comes from the seeds of the *Cuminum cyminum* plant.<sup>5</sup> It is an important ingredient for traditional Mexican and Indian dish flavoring. Use with meats, stews, and vegetables.

**Paprika:** Savory, earthy, and colorful. High in vitamin A. Use with meats and other dishes for a red coloring. Paprika can be used to flavor rice or season vegetables and salads. It can also liven up soups with a bright, red color.

**Turmeric:** Aromatic, warm, and bitter taste. Curcumin, chemical compound with antioxidant properties in turmeric.<sup>3,4</sup> Research is ongoing.<sup>8</sup> Turmeric is a staple ingredient in curry powder. Use in curried dishes. Add turmeric to egg salad to give an extra yellow color. Turmeric complements lentil recipes. Mix rice with raisins, cashews and season with turmeric and cumin.